

Lifelong Learning and Leisure



Bedford Recreation



Fall 2021

Adult and Youth Programs

www.bedfordrecreation.org

Registration Information

Department Information:

Bedford Recreation Department
12 Mudge Way
Bedford, MA 01730
781-275-1392 • Fax 781-687-6156
www.bedfordrecreation.org
Office Hours M-F 8:00am - 4:00pm

Recreation Staff:

Amy Hamilton, Director
Raeann Gembis, Adult Coordinator
Nikki Taylor, Youth Coordinator
Debra Squillini, Admin Assistant

Recreation Commission:

Robin Steele, Chair
Julie Halloran
Michael O'Donnell
Ron Richter
Heidi Trockman

General Information:

- Those requiring special assistance, please contact the Recreation Director.
- Financial assistance may be available upon request.
- \$25 penalty fee for all returned checks.
- Transportation, when provided, will be by Bedford Charter Service unless otherwise noted.

Flexible Spending:

Town of Bedford Tax ID: 04-6001082.
Receipts may be reprinted from Active (online registration system).

Weather Cancellations:

Check our phone and website for weather related cancellations. Email/text messages may be sent as well.

Photo Permission:

Participants in Bedford Recreation sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

Covid-19:

At the time of this publication (8/11/2021), the Town of Bedford follows the State Guidelines. Any changes to this practice will be noted as applicable.

REGISTRATION OPENS AUGUST 30 AT 8:00PM

UNLESS OTHERWISE NOTED.

How to register:

Online 24/7:

bedfordrecreation.org Register or put yourself on a waiting list for classes 24/7.

In-Person, Mail, Fax

Registration form in this brochure.

Payment:

Tuition must be paid at the time of registration. We do not prorate. VISA, MasterCard, AmEx and Discover are accepted. Checks should be made payable to the "Town of Bedford."

Financial Assistance:

For consideration, please submit Financial Assistance Form and Registration Form.

Neighbors Helping Neighbors:

Please consider contributing to the NHN Fund to support families who might otherwise be unable to afford Recreation programs. Online, simply add Neighbors Fund to your cart and adjust the quantity to the amount that you would like to donate. Thank you!

Policies:

Refund/Cancellation

Notice must be given 5 business days prior to program start for refund.

Programs costing less than \$100: Full refund less \$10
Programs costing \$100+: Full refund less 10% of the program fee.

Medical refunds given after program has begun, prorated less additional per refund policy above.

Other exceptions noted in program descriptions.

Table of Contents

3	Bedford Day 2021 Info
4	Discount Tickets
4	Online Professional Courses
5-7	Be Creative: Arts & Crafts
8-9	Personal Interest
10	Cooking
10	Health & Wellness
11-13	Exercise & Fitness
14	Outdoor Fitness & Walking
15	Sport: Instruction
16-17	Sport: Pick-Up
17	Family Program
19	Inclusion Information
19	Employment Opportunities
20-21	Preschool Programs
22-23	Elementary: Davis
24-26	Elementary: Lane
27-29	Multi-age Youth Programs
29	Youth Tennis
30	No School Day Programs
31	Middle & High School
31	Police-Rec Basketball
32	Recreation Dance Program
33	Fall Intramural Soccer
34	Spring 2022 Travel Soccer
35	Bauman Basketball
36	Bedford Trail Walks Map

Registration form.....37

Communications:

E-News: For periodic Recreation updates, sign up for our E-News.

Text Messaging: To receive text messages about important changes, cancellations, etc., edit your profile to include cell provider. Unable to message otherwise.



Bedford Day: September 18, 2021

PARADE

BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! Begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way.

Parade steps off at 10:30!



FAIR

Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair!

10:00 a.m. – 2:00 p.m. at the Town Hall complex.
10 Mudge Way.

FIREWORKS

Saturday night, 7:30PM
Details TBA

BEDFORD HEALTH DEPARTMENT IS OFFERING FREE FLU SHOTS AND COVID-19 VACCINATIONS AT BEDFORD DAY FAIR

The Bedford Health Department is offering free COVID-19 and Flu vaccinations at the Bedford Day Fair, Saturday September 18 from 9 am – 12 pm. Residents age 8 years and older can acquire a flu vaccine and residents age 12 year and older are eligible for COVID-19 vaccination. A link to pre-register for the flu shots will be available in early September. For vaccinations, please wear a mask, bring ID and insurance cards and come to the big white tent behind the 12 Mudge Way/Town Center Building. Additionally, an ambassador from the State's Vaccine Ambassador Program will be on site to answer questions about COVID-19 vaccine efficacy and safety and will work to address vaccine hesitancy among the unvaccinated. Please note that as of this printing, we do not know if Emerson Hospital will be on-site to perform their usual Health Screenings. As more information becomes available about Emerson's participation, the Health Department will release information to the public and provide an update on the Health Department website (link from www.bedfordma.gov), otherwise you may contact the Health Department at 781-275-6507 for more information.

BEDFORD ARTS & CRAFTS SOCIETY 21st ANNUAL REGIONAL ART EXHIBIT

The Bedford Arts and Crafts Society 21st Annual Regional Art Show will be open in the Union Room at 12 Mudge Way on Bedford Day, Saturday, September 18, from 9:00 AM-2:00 PM. For more information or to submit art work, please visit www.bacsma.org or email artshow@bacsma.org.

FRIENDS OF THE BEDFORD FREE PUBLIC LIBRARY BOOK SALE

The Friends of the Bedford Free Public Library are holding a Fall Book Sale. The sale is on Bedford Day: Saturday, September 18th from 10-4 pm. The Book Sale is held rain or shine at the library located at 7 Mudge Way in Bedford, MA.



Discount Tickets

Discount Movie Tickets

- Please check movie theaters for restrictions
- May not be used online
- No expiration date

Showcase Tickets:
\$10.00 (regular price prime-time tickets \$12-\$13)

AMC Yellow Tickets:
\$9.25 (regular price prime-time tickets \$10.50-\$13)



Cape Ann Whale Watch Tickets

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit www.SeeTheWhales.com, choose your date and time options and then make a reservation at 1-800-877-5110. More information on the website. The whaling season runs thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. Tickets not valid for weekend afternoon trips June-July-August

Tickets: \$25 each (reg. \$48 adults/\$33 for children). No expiration.

Online Professional Development



MindEdge Learning

Sharpen Your Business Skills with MindEdge Learning

Bedford Recreation has partnered with MindEdge Learning to bring Bedford residents access to self-paced, online, professional development training courses and certificates. These courses are available 24/7 in your home, at your office, or even on your commute with the MindEdge Mobile app. All courses offer either CEU's, PDU's or other continuing education credits.

Course Topics Include:

- Project Management
- Agile
- Six Sigma & Lean
- Data Analytics
- Finance
- Operations
- Computer Applications
- Management
- Leadership
- Online Learning
- Cyber Security & CISSP
- Digital Marketing
- HR Management
- Business Communications
- Career Building
- Non-Profit Management
- Emerging Technologies
- Sustainable Management
- Emergency Management
- And more are added frequently!

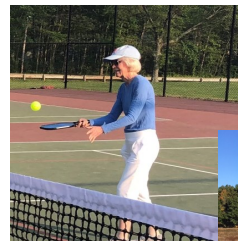
TO ENROLL, PLEASE VISIT:

www.bedfordma.gov/recreation/professionaldevelopment

As a Bedford resident, you are entitled to a 10% discount at all times using code Bedford10



REGISTRATION OPENS
AUGUST 30 AT 8:00PM



- Current Town of Bedford Covid-19 protocol and regulations will be followed.
- Class format (in-person, hybrid or virtual) is listed in the description of each program.
- Information such as the **directions**, **materials lists** and **instructor biographies** available at www.bedfordrecreation.org.
- **Please Note:** No Refunds for programs (including one night workshops) unless notice given to the Recreation Office 5 business days prior to the scheduled program.

VIRTUAL CLASS INSTRUCTIONS:

Please register in advance of the class start and include your email address. Any additional instructions that you will need will be sent by email. Please check your spam folder if you do not receive.

ZOOM TUTORIAL INFORMATION:

Zoom Information Link: <https://support.zoom.us>

Click "Join a Meeting" link in *Tutorials*.

For further assistance with Zoom, please call the Recreation Office, Mon-Fri, 8:00 - 4:00

Be Creative: Arts & Crafts



Drawing Classes

Instructor: Trish Ng, Artist with Artspark School of Visual Art

Drawing for Adults: Students will learn key drawing concepts (such as contour/shape, light/shadow, texture, color) through various projects. Classes will utilize several different materials during the course including pencil, pen/ink, markers, colored pencil, pastels, oil pastels, charcoal/graphite. Beginner and intermediate/advanced students welcome. All materials included. In-person classes held at Artspark studio, 41 North Rd. (max 10) 4wks
Wednesdays, 10:00am-12:00noon, 9/22-10/13 **Fee: \$165**

Portrait Drawing: This class will focus on drawing faces and features. Students will be taught to draw the face in correct proportions using reference photos. If there is interest, students may draw a subject of their choice or a self portrait in class. All materials will be provided including fine art papers and pencils, charcoals, pastels for tonal and color drawing. Beginner and intermediate/advanced students welcome. All materials included. In-person classes held at Artspark studio, 41 North Rd. (max 10) 4wks
Wednesdays, 10:00am-12:00noon, 10/20-11/10 **Fee: \$165**

Trish has been a professional designer for 30+ years, specializing in footwear, apparel and accessories for several local and international companies. She has also been a teacher for more than 6 years, teaching drawing to both children and adults. In addition, Trish currently teaches college level design courses in footwear and soft-goods design at Wentworth Institute of Technology in the Industrial Design Department. Throughout her career, Trish has utilized her creativity and drawing skills to express her ideas. She founded ArtSpark School as a place to teach the lifelong drawing skills she has come to rely on for career success and everyday enjoyment.

Acrylic Drip Resist with Watercolor Workshop

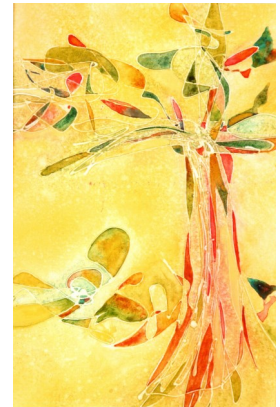
Instructor: Nan Rumpf, Artist

We will use a mixture of acrylic medium and acrylic paint to create a dripped resist pattern. After this basic resist dries, we will develop the artwork using watercolor supplies. We will also delve into different kinds of washes and glazes. This works for representational, interpretive or abstract watercolorists. Join us to explore this experimental way of working with watercolors. If you have any questions about the materials, contact Nan Rumpf at NanRumpf@gmail.com. Material list will be provided via email or you may obtain a list at the Recreation office in advance. Co-sponsored by the Bedford Arts and Crafts Society. (max 12) Class held at 12 Mudge Way, room 139.

Saturday, November 13, 10:00-3:00pm

Fee: \$65

There will be a 1-hour lunch break; please bring a bagged lunch and drink.



Nan grew up in a small Iowa town on the banks of the Mississippi River where she spent much of her childhood exploring the outdoors on her bicycle and daydreaming under a lilac bush. She graduated from the University of Iowa with a B.A. She currently lives in Wellesley, Massachusetts. Nan has worked as a professional puppeteer and she teaches watercolor classes and workshops. Her paintings have been exhibited in many regional galleries and museums. She is a member of various art associations. For more information, please visit www.nanrumpf.com



Introduction to Modern Block Printing

Instructor: Debbie Sheehan, Artist, Lagniappe Arts & Crafts

Block printing is an ancient art form that can be traced back as early as the 5th century; however, it is not old fashioned! In this starter class, you will be taught the basics of block printing. You will be given an explanation of the tools and materials used, how to transfer images or designs to the block, and how to safely carve the block to save your fingers & minimize excess lines. Once your block is carved, you will practice inking and printing the blocks to paper and we will discuss unique ways to use your design such as in jewelry, cards, fabrics, home decor, and more. All materials included (kit has carving tool with blades and 5 blocks). Age 16+ Co-sponsored by the Bedford Arts and Crafts Society. (max 10) Class held at 12 Mudge Way, room 152. (2wks)

Fridays, 9/24 & 10/1, 10:00am-12:00pm

Fee: \$69

Wednesdays, 10/13 & 10/20, 7:00-9:00pm

Fee: \$69

Debbie is originally from Louisiana, moving to the Boston area in 1994 during a blizzard. She is married with two teen daughters and a tail-wagger who thinks she's a third kid. She has owned her own software management consulting business since 2009, but the challenges of the past year provided her with the time to pivot from her corporate focus. She has always been creative (or a creative wannabe), but this year has given her the gift of space and time to remember how to play. Her work currently includes linocut and mixed media pieces as well as jewelry. She uses her designs in a variety of products including greeting cards, tea towels, gift boxes, prints for framing, and more. Visit Debbie's website: <https://lagniappe.indiemade.com>



Mosaic Taster Workshop

Instructor: Suzanne Owayda, Artist and Owner Mosaic Oasis Studio

Join us for this one-time 2 1/2 hour class that will give you a taste of mosaic art. Once you try it, you will be hooked! You will make a 4 1/2" by 4 1/2" tile/trivet and learn the basics of cutting, color, grouting, and design techniques as well as a brief history of mosaics. Bring an open mind and be ready to create your own design or use one of our suggested designs. Have lunch or dinner with friends and make it a fun event. (max 10) Co-sponsored by the Bedford Arts and Crafts Society. Class will be held at Mosaic Oasis Studio, 1189B Mass Ave, Arlington (15 min from Bedford near the Lexington line) Age 18+

Friday, October 15, 10:00am-12:30pm

Fee: \$45

Friday, November 5, 6:30-9:00pm

Fee: \$45

Suzanne discovered the beauty of mosaics during her travels in the Middle East and Europe. During a sabbatical in London she studied the art of mosaics at the Hamstead School of Art. She offers mosaic classes and workshops, and she sells the tools, supplies and materials for mosaics. She also creates and fabricates mosaic commissions for private homes and organizations. Visit mosaicoasis.com

Punch Needle Rug for Beginners

Instructor: Marcy Young, Textile Rug Maker

Learn to make a Punch Needle Rug making a small chair pad or pillow piece 12"x12" using rug yarn and the Oxford Punch Needle. Many beginner designs to choose. Materials fee \$25 payable to instructor at class. Equipment needed for class will be provided for use during class (frame/hoop, punch needle, scissors). Co-sponsored by the Bedford Arts and Crafts Society. Class held at 12 Mudge Way, Rm. 152. (max 10) Age 15+
Tuesdays, 7:00-8:30pm, 10/19-11/2 (3 wks).

Fee: \$50



Punch Needle Rug Workshop

Instructor: Marcy Young, Textile Rug Maker

Begin or work on a Rug project using Oxford Punch Needle. Bring your own rug project. Patterns, yarn and supplies will be available for purchase. Oxford Punch Needle techniques will be reviewed. Topics to be discussed include color, texture, materials, supplies, stitches, and finishing projects. This is a beginner level workshop, but more advanced students are welcome. Optional: Kit fee \$25 payable to instructor at class includes yarn and fabric. Frame/hoop, punch needle, scissors available for use during class. Co-sponsored by the Bedford Arts and Crafts Society. Class held at 12 Mudge Way, Rm 152 (max 10) Age 15+
Tuesdays, 7:00-8:30pm, 11/9-11/30 (4 wks).

Fee: \$40

Marcy started her Rug making journey when she found a hook while cleaning her in-laws' home. Her interests have included Traditional Rug Hooking, Penny Rugs, Twined, Proddy, Braided, Locker Hooked and her favorite, Oxford Punch Needle Rugs. She is a Certified Oxford Punch Needle Rug Hooking Teacher. Marcy is a lifelong resident of Massachusetts, an Oncology RN with almost 35 years' experience, an Army Veteran, and now a rug maker. She hopes to inspire others with lovely yarn and fibers and creative rug making.

Fall Porch Leaner Painting Workshop

Instructor: Sherry Hoffman, Artist, Goldfinch Art Studio

In this fall workshop, we will stain/paint wood and then use stencils to transfer lettering. Final projects are approximately 4 ft. tall. No two pieces of wood are the same and the grain, texture and how the wood takes the stain is different for every piece. If you would like to place your project outside when finished, it is recommended that you protect it using the sealer of your choice that you can purchase at a home improvement store. Absolutely no experience necessary. Materials fee \$10 payable to instructor at class. Class held at 12 Mudge Way, Rm 152 (max 12) age 15+
Thursday, September 30, 7:00-9:30pm

Fee: \$52



Inspire Reverse Canvas Painting Workshop

Instructor: Sherry Hoffman, Artist, Goldfinch Art Studio

This will be an evening of creative and inspirational fun! The process of making a reverse canvas involves removing the canvas from the 10X20 wood-framed support, creating a background design with paints and transfers, staining/painting the frame, and then reattaching the canvas to the back of the frame. Absolutely no experience necessary. Materials fee \$10 payable to instructor at class. Class held at 12 Mudge Way, Rm 152 (max 12) age 15+
Thursday, October 21, 7:00-9:30pm

Fee: \$45

Sherry is the owner of Goldfinch Art Studio and she lives with her family in Billerica. She has been making and instructing Art as long as she can remember. She teaches from the heart and believes that everyone has an artist within.



You Can Afford College IF...

Instructor: Dick Man, College Funding Advisors, Inc. of Bedford

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn strategies that may increase your family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options. A free financial aid analysis will be available to all attendees. For more information about this popular seminar, visit the website at www.collegefundingadvisors.com. (max 25) Class held at 12 Mudge Way, room 152.

Tuesday, October 19, 7:00-9:00pm.

Fee: \$15 per family

Dick personally benefited from CFA's strategies in reducing college costs for his children and he believes in paying forward. He started with CFA in 2016. Before joining CFA as an associate, he was president of a global software service company and he still owns a small IT support company. He has a computer engineering degree from M.I.T. as well as an MBA in finance from the University of Chicago.

Time for a Career Check-Up (Virtual Class)

Instructors: David Ehrenthal & Rob Vlock

Even if you like what you do for work, there are ways to make it better. The average person spends about 92,120 hours working over the course of their lifetime. That's a lot of time—especially if you do not love your job. How would a change in direction or workplace behavior impact your life, your family's lifestyle, and yes, your happiness? What could be the consequences of not asking yourself the question? If you are worried about spending your career doing something you do not love, this workshop is for you. We will help you figure out whether the job or career you are spending so much of your life doing is truly meaningful and sustainable. And what you can do if it is not! More info: mach10career.com. A Zoom link will be sent to you 24 hours before the class. (max 10)

Tuesday, September 28, 7:00-8:30pm

Thursday, October 28, 7:00-8:30pm

Tuesday, November 16, 7:00-8:30pm

Fee: \$25

Fee: \$25

Fee: \$25

What you will learn:

- What is a meaningful career and how is it sustained?
- How do you know if your career is meaningful?
- What can you do if you do not love your job?
- How do you know what needs to change?
- What are the consequences of work dissatisfaction?



MACH10

CAREER & LEADERSHIP COACHING

David is the co-founder of Mach10 Career & Leadership Coaching. He is a Gestalt trained Coach based in Concord, MA. For 25+ years, he partnered at the C-suite level with global organizations to understand markets, reinvigorate brands, shape market perceptions, build relationship marketing programs, drive leads and boost sales. David received a BA in Economics from Bates College and an MA from The Johns Hopkins School of Advanced International Studies.

Rob is a novelist, career & leadership consultant and a certified EQ-i2.0 and EQ360 practitioner. He uses the science of emotional intelligence to help companies recruit wisely, develop their leaders and employees, and optimize team performance. At mach10, the focus is to partner with organizations to develop and retain high potential leaders, working with individuals, independent of their employers, to discover fulfilling and rewarding work lives.

What Happens to the Family Vacation Home? (Virtual Class)

Instructor: Margaret Hoag

Many families have a beloved vacation home that they want to preserve for future generations. The process of transferring the house to the next generation can lead to significant family conflict. We will discuss various methods of passing a vacation home to your children and review the issues that arise. Topics will include the pros and cons of joint ownership, trusts, and LLCs including tax consequences. We will also discuss methods of decision making, paying for repairs and upkeep, and renting a property. Bring your personal experiences and questions to share. A Zoom link will be sent to you 24 hours before the class. (max 10)

Tuesday, September 21, 7:00-8:30pm

Fee: \$45



Margaret is the co-author of Massachusetts Elder Law and several articles for American Jurisprudence, a legal encyclopedia published by West Publishing. She concentrates her practice on the areas of estate planning and elder law, including long-term care planning, guardianship and conservatorship, MassHealth (Medicaid) application, and probate administration. She is currently the President of the Board of Directors for Minuteman Senior Services. She serves on the board of the Concord Council on Aging and the Liberty Alzheimer's Partnership. She is a member of the National Academy of Elder Law Attorneys.

Clothes Mending Class

Instructor: Karen O'Rourke

Missing a button? Need a hem? Split seam on an otherwise perfect garment? Bring these garments to class and fix them while you learn quick and easy mending methods using hand stitching or a sewing machine. Machines and supplies available during class, or you may bring your own. Handouts will be available to take home. Age 16+ Class in collaboration with Carlisle Recreation and held at The Brick Building, 97 School Street, Carlisle. (max5)

Wednesday, October 13, 6:30-8:30pm

Fee: \$65



Karen's love for sewing began at 8 years old when she was given a Barbie sewing machine. She made all of the Barbie outfits in one day! Soon she moved on to sewing for herself, family members and friends. Karen took sewing classes from local shops and she decided to study Fashion Design at Newbury College. She was also a member of the teaching staff at the American Textile History Museum in Lowell, MA. After many years of working in different areas of sewing and design, she opened a teaching business to share her passion and expertise with others.



Self-Defense for Women

Instructor: Sarah Corey, SaBuNim, One Step Beyond Martial Arts Training

This class teaches basic street-wise self-defense to help students gain or enhance their confidence and learn to protect themselves.

Program in collaboration with Carlisle Recreation Department. Class will be held outdoors at Spalding field, 120 Church St., Carlisle. (max8) 6wks

Fridays, 1:15-2:00pm, 9/17-10/29 (no class 10/22) raindate 11/5

Fee: \$145

Sarah has been training in martial arts since 1993 and she currently holds the rank of Yodan (4th degree black belt) in the TAMA system of self defense and Yodan (4th degree black belt) in American combat karate. She earned her Bachelor's Degree in Business and an Associate's Degree in Child Development. In 2002, she decided that self defense would be important to add to her repertoire.



Dog Training: Beginner Basic Commands and Socialization

Instructor: Mary Farren, Dog Training Specialist, Owner of What a Nice Dog

Would you like your dog to be a Canine Good Citizen? Your dog will learn to come when called, sit and stay, walk on a loose leash, place on a fixed object, and greet a friendly stranger. The Canine Good Citizen certification test will be given at the end of the course. The test is optional. Make some new friends and have fun while giving your pup some everyday skills. Dog must be dog and people friendly. Program in collaboration with Carlisle Recreation Department. Class will be held outdoors at Spalding field, 120 Church St. in Carlisle. (max 5) Age 16+

Sundays, 9/12-11/7 (no 10/10), 8:00-9:00am (8wks)

Fee: \$125

Dog Training: Advanced Beginner Commands and Distractions

Instructor: Mary Farren, Dog Training Specialist, Owner of What a Nice Dog

This Advanced Beginner course covers the beginner commands and adds distance, duration and distractions. The last two weeks, we start off leash walking. Make some new friends and have fun while teaching your pup some very important skills. Dog must be dog and people friendly. Program in collaboration with Carlisle Recreation Department. Class will be held outdoors at Spalding field, 120 Church St. in Carlisle. (max 5) Age 16+

Sundays, 9/12-11/7 (no 10/10), 9:15-10:15am (8wks)

Fee: \$125

Mary has more than 30 years experience training dogs of all kinds. She can train therapy and PTSD/TBI service dogs as well. Mary has a true passion for dogs, and a real love for the animals. Mary is well versed in the way that dogs communicate their feelings. Mary believes that there are no bad dogs, only bad situations and circumstances. If your dogs are given the right attention and care, nothing will stand in the way of them improving their behavior.





The Art of Pasta Making

Instructor: Diane Manteca, Chef

Learn the art of pasta making with Chef Diane and you might not go back to the boxed version! Learn how to use a pasta machine to make fettuccine and sheets of pasta dough. Diane will discuss pasta machines, including the prices and make recommendations. She will also discuss which flours make the best pasta and how to hydrate them. You will make a delicious Classic Marinara sauce. The second recipe will be Spinach & Ricotta Ravioli, learning how to cut them, seal them and cook them. Learn a new skill and enjoy making fresh pasta for years to come! Please contact Diane at personalchefdiane@gmail.com with any specific questions. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Room 149 (max 12) Age 15+

Thursday, October 14, 6:30-9:00pm

Fee: \$45

Diane has been a professional chef for thirty-three years, working in high end gourmet establishments as well as catering. She owned the Brickyard Café in Cambridge, an eclectic and popular café style restaurant and Sassy River Sauces, a specialty food company, selling at farmer's markets and major food establishments. Diane has co-authored a Zone cookbook about healthy eating and she worked as a food consultant and developed recipes for a major specialty food company. She is now a personal chef with clients in the Boston area. Her teaching career spans 30 years, with Italian cooking as her specialty. She travels to Italy often to learn regional Italian cooking and brings her knowledge back to teach her students.

Thanksgiving Pies!

Instructor: Jeannette Pothier, Professional Chef

The making of pies near this time of year is daunting for some, and a great pleasure for others. Make most tender and flaky crust to take home for a Pumpkin or Pecan pie. Then, make another double crust and the famous Apple pie. You will take home the pie to freeze and bake later as well as the crust for another single crust pie. Bring a peeler and a knife to slice apples, a rolling pin and an apron. Boxes will be provided to take pies home. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Room 149 (max 10)

Tuesday, November 9, 10:00am-12:30pm

Thursday, November 18, 6:30-9:00pm

Fee: \$45

Fee: \$45



Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet in Newton, MA. She taught Classic French cooking, including French baking and pastry making. She studied in Aix-en-Provence with Ms. Kamman. Jeannette was the day chef at Café l'Orange in Concord while teaching at Modern Gourmet. She wrote the recipes for The Zone, by Dr. Barry Sears and she teaches healthy eating. Jeannette also taped ten classes called Cooking in the Zone that appeared on Bedford Cable TV. She enjoys sharing her knowledge of cooking, especially in the baking arena such as breads and pies.

Health & Wellness

The RESTART® Program

Instructor: Alicia Brickman, Nutritional Therapy Practitioner

The RESTART® Program is a simple, powerful way to give your body a vacation from sugar and processed foods. It is a 5 week, holistic, fully-supported, guided program that includes a 3-week sugar and processed food elimination. The program focuses on using REAL FOOD to boost your energy, reduce inflammation and get rid of sugar and carb cravings. You will learn how digestion really works and the truth about fats and so much more. Discover how well you can feel!

www.therestartprogram.com or www.newenglandnutritionaltherapy.com

Class held at 12 Mudge Way, Rm 152 (max 12) 5wks

Thursdays, 9:30-10:45am, 9/16-10/14

Mondays, 7:00-8:15pm, 10/18-11/15

Fee: \$118

Fee: \$118



RESTART®
Real Food. Real Learning. Real Support.

Alicia is a Bedford resident and a graduate of the Nutritional Therapy Association as a Nutritional Therapy Practitioner She is also a 20 year NASM certified Personal trainer.

THIS FALL SOME ADULT FITNESS CLASSES WILL BE IN-PERSON AND OTHERS WILL BE VIRTUAL OR HYBRID (OPTION FOR IN-PERSON OR VIRTUAL). IF NOT AN IN-PERSON CLASS, THE FORMAT WILL BE LISTED IN CLASS DESCRIPTIONS.

For Virtual Classes: You may not be able to come to us for some exercise and fitness classes this fall, but we can come to you! Join your favorite instructors and classes (or try something new!). Classes will be hosted by the instructors on Zoom in the comfort of your home or space. You will be emailed a Zoom link 24 hours before class. Register online at www.bedfordrecreation.org. Please register at least 24 hours in advance of the class start and include your email address. Class instructors will email the Zoom meeting link to join the class and they will provide any additional instructions that you will need. Please ensure that your exercise space is safe and free from tripping or other hazards. Free Trial Classes will be offered to try first if you are uncertain, either register for a Trial class or contact us to try one out.

Zoom Tutorial: <https://support.zoom.us> Click "Join a Meeting" link in Tutorials.



Nia Class

Instructor: Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. You will need a yoga mat or thick towel. Contact Joan at joant.lw@gmail.com for more info. Classes held in-person will be in the Union Room, 12 Mudge Way. Zoom link will be emailed 24 hours in advance for virtual format. Age 15+ (max 20)

Mondays (hybrid)	9:45-10:45am, 9/13-12/20 (no 9/20, 10/11), 13wks	Fee: \$136
Tuesdays (virtual)	5:30-6:30pm, 9/14-12/21 (no 9/21), 14wks	Fee: \$147
Wednesdays (hybrid)	9:45-10:45am, 9/15-12/22 (no 9/22), 14wks	Fee: \$147
Free Trial Classes:		
Tuesday, 9/7, 5:30pm (virtual class) or Wednesday, 9/8, 9:45am (hybrid class). Please register in advance.		

Joan is an enthusiastic Nia Instructor and a resident of Bedford. With previous experience in Tae Kwon Do, Kenpo, and Tai Chi, Joan finds that Nia embodies what she loves about martial arts (kicks, punches, blocks, sounding, slow Tai Chi moves) and blends it with dance and fun variety of music. "Nia is the MOST fun exercising I've ever done!" Previously, Joan was a Training & Development Manager at Abbott Laboratories, MediSense Products. She has a degree in Medical Technology.

Hatha Yoga

Instructor: Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. You will need a yoga mat. Optional: bring a block and strap. All classes are offered in a hybrid format. Classes held in-person will be in the Union Room, 12 Mudge Way. Zoom link will be emailed 24 hours in advance for virtual format. Age 15+ (max 20)



Mondays (hybrid)	7:00-8:00pm	9/13-12/6, no class 10/11 (12wks)	Fee: \$146
Tuesdays (hybrid)	9:45-10:45am	9/14-12/7 (13wks)	Fee: \$158
Wednesdays (hybrid)	7:00-8:00pm	9/15-12/8, no 11/24 (12wks)	Fee: \$146
Fridays (hybrid)	9:45-10:45am	9/17-12/10, no 10/8, 11/26 (11wks)	Fee: \$134
Free Trial Classes:			
Wednesday, 9/8 at 7:00pm OR Friday, 9/10 at 9:45am. Please register in advance.			

Bonnie lives in Bedford and has been practicing yoga for more than 25 years. She received her Hatha Yoga certification from Frog Pond Yoga Centre in Princeton MA and her Children's Yoga certification from Finding Inner Peace Yoga School. Bonnie's teaching philosophy is that yoga is universally beneficial and can be practiced by individuals of all physical abilities. Bonnie also holds a Masters in Special Education and she is certified to teach grades PreK-9.

Body Balance & Core Strength

Instructor: Jayne Schmitz, Certified Balanced Body Pilates Instructor
This program will challenge you to increase deep core strength, balance, and tone. Drawing from the Pilates discipline, you will work on body awareness, posture, and total body strength from the inside out. Core stability and alignment are emphasized throughout. The majority of movements are floor exercises done on a mat. It will help you transform the way your body looks, feels and performs as you improve mobility, posture and tone. All levels of fitness and experience are welcome. You will need a mat, and water bottle. Age 16+ (max 20) 12wks. This is a hybrid class. Classes held in-person will be in the Dance Studio, Bedford High School. Zoom link will be emailed 24 hours in advance for virtual format.

Tuesdays, 6:00-7:00pm, 9/14-11/30

Fee: \$160

Free Trial Class: Tues. 9/7, 6:00pm. Please register in advance.



Jayne has been a fitness enthusiast in the health promotion and wellness industry for twenty-plus years. Her undergraduate studies concentrated on dance performance at The Boston Conservatory of Music and she received her Masters of Public Health from Boston University. She has found Pilates to be that link back to her love of the dance, first as a student and practitioner, and eventually as a teacher. She has been practicing Pilates for the past fifteen years and more recently was inspired to become a certified Balanced Body Pilates Mat instructor.



Zumba®

Instructor: Libbey Beinert

Zumba is a fun cardio dance exercise class that blends Latin and Hip Hop music with dance and fitness moves. Zumba is great for all ages, with moves that can be modified. If you are looking for a workout that won't feel like a workout because you are having so much fun, then Zumba is for you! You will need a water bottle, sneakers, and comfortable clothes. (max 15) 9wks. This is an in-person class. Class will be in the Union Room, 12 Mudge Way.

Thursdays, 6:30-7:30pm, 9/30-12/9 (no 11/11, 11/25)

Fee: \$90

Free Trial Class: Thurs. 9/16, 6:30pm. Please register in advance.

Libbey has been working as a PE/Health teacher at the John Glenn Middle school in Bedford since 2004. She has been Zumba certified since 2012, most recently working at Best Fitness in Chelmsford, MA. When she is not teaching, she enjoys spending time with her two children, snowboarding and biking.

Power Barre (Virtual)

Instructor: Sarah McGinley, certified Barre Instructor

This power barre class is designed to increase flexibility, strengthen your core, and improve alignment. Focusing on small and precise movements, barre is a low-impact, yet effective, whole-body workout. The class includes elements of stretching and cardio, so you will leave feeling strong and energized. Equipment needed: yoga mat, light set of weights, and a support (a chair or countertop). All levels of fitness and experience are welcome. Age 16+ (max 20) You will be emailed a Zoom link 24 hours prior to class. 6wks

Thursdays, 9:30-10:30am, 9/23-11/4 (no class 10/14)

Fee: \$70

Free Trial class: Thursday, 9/16, 9:30am. Please register in advance.



Sarah is a Bedford resident and a Lexington Power Yoga-certified Instructor. She enjoys teaching and taking yoga-influenced barre classes. Sarah creates challenging and fast-paced classes with a focus on building functional strength. She especially appreciates the importance of making barre accessible to everyone through thoughtful modification and proper form. When she is not teaching barre, Sarah, a graduate of Brandeis University and Georgetown Law, practices real estate law and spends time with her husband and three young children.



Beginner & Intermediate Tai Chi

Instructor: Oscar Hsu, Oriental Healing Arts

Tai Chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner, promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Please wear loose, comfortable clothing. Zoom link will be emailed 24 hours in advance for virtual format. Age 16+ (max 10)

Wednesdays (in-person), 6:30-7:30pm, 9/15-12/15 (no 11/24) 13wks

Fee: \$135

Class meets at 12 Mudge Way, room 153

Free Trial class: Wednesday, 9/8, 6:30pm. Please register in advance.

Thursdays (hybrid), 1:00-2:00pm, 9/16-12/16 (no 11/11, 11/25) 12wks

Fee: \$125

Class meets at 12 Mudge Way, Union room

Oscar has been a Tai Chi practitioner for more than 30 years. He has been trained and qualified by OHAA (Oriental Healing Arts Association) and he has been teaching Tai Chi for several years. Oscar started learning Judo and Chinese martial arts in Hong Kong as a young man where he was a Judo student of the coach who led the Hong Kong Judo team to the Olympics in 1967. He earned a First degree blackbelt in Shaolin Kenpo under the tutelage of Master Eugene Gaudreau.

Give a Great Gift!

Adult classes and programs make great gifts for holidays and special occasions. Buy someone a unique, thoughtful gift this season; purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient.



Looking for Instructors and Ideas!

We are looking for your ideas, your talent and your knowledge to share with the Bedford community!

We strive to offer a varied menu of programs seasonally. Please join us as instructors to share your interests, talent and passion with others as part of the adult learning and recreation opportunities here in Bedford.

Contact Raeann Gembis, Adult Program Coordinator:
rgembis@bedfordma.gov





Mystery Walks

Instructor: Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. Walks are typically five to six miles and usually rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. Mary has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end. First walk meets at the North Bridge parking lot in Concord, off Monument Road. (max 7) 4wks

Wednesdays, 10:00am-12:00noon, 10/6-10/27

Fee: \$89

Mary, a long time resident of Bedford, has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 30 years in our local areas of historic New England. Previously, she worked as the Adult Education Coordinator for the Bedford Public Schools. Her passion has turned into quality leisure time. Now she lives to PLAY. She feels that the reason that folks enroll is for friendship and love of the out doors. Learning about our region and how it relates to us and to history is her passion. The shared knowledge of these connections and a desire for all of us to feel as though we are young forever is why she continues to lead people through the woods.

Fitness Walks at Battle Road Trail, Concord

Instructor: Sandy Morvillo

One hour of fast-paced, cardio fitness walking/hiking on the Minuteman National Park Battle Road Trail. Group leaves promptly at 8:00AM from the parking area at Meriam's Corner, Lexington Rd in Concord. Sneakers, outdoor workout attire and water a must. Rain or shine! (max 15) 6wks

Thursdays, 9/16-10/21, 8:00-9:00am

Fee: \$103



Outdoor Small Group Training

Instructor: Sandy Morvillo

Have you always wanted a Personal Trainer, but didn't have the time, money or maybe were just intimidated? Try this group training with a limited number of people, but the same individual attention and with the support and affordability of a small group. Instructor will bring everything needed (various dumbbells, med-balls, ropes, bands, etc) to enhance this muscle conditioning session. Sneakers, outdoor workout attire and water a must. Classes held rain or shine. Meet Davis Elementary, 410 Davis Rd. Age 18+ (max 8) 6wks

Tuesdays, 6:00-7:00pm, 9/14-10/19

Fee: \$173

Co-Ed Outdoor Boot Camp

Instructor: Sandy Morvillo



What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. Co-Ed Boot Camp combines cardio and strength conditioning with use of full body, tires, hills, bleachers and more for a challenging but fun outdoor workout. Modifications are always available and encouraged for anyone with restrictions. Sneakers, outdoor workout attire and water a must. Classes held rain or shine. Meet at the High School Track. Age 18+ (max 30) 10wks

Tuesdays, 6:00-7:00am, 9/14-11/16

Wednesdays, 6:00-7:00pm, 9/15-11/17

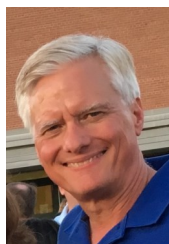
Saturdays, 7:30-8:30am, 9/11-11/20 (no class 10/16)

Fee: \$173

Fee: \$173

Fee: \$173

Sandy grew up in Maine. She received her undergraduate degree in Business at Bentley College. She began teaching fitness classes in college. Sandy went to the Massage Institute of New England, became a CLMT, and had her own practice for 15 years in Waltham. Sandy has been teaching Fitness classes and working as a Personal trainer for 20+ years. She has certification through AFAA, ACE and various other programs.



Learn to Play Pickleball

Instructor: Kevin Martin, PPR Certified Skills Instructor

Have you been curious to try pickleball, but not ready to join an open play session? Not sure how to swing the paddle, where to stand on the court, or how to keep score? Here is your chance to learn the fundamentals of the fastest growing sport in the country. Pickleball is a combination of tennis, racquetball, and ping-pong played by four people on a half size tennis court with paddles and a plastic polyball. Each class includes learning a new stroke, hitting drills, and game play. It's great exercise and easy to learn! Equipment will be provided if needed. Please wear comfortable clothing, court shoes and bring water. Wear or bring pockets, we will be keeping plenty of balls in motion for each lesson. Check out www.usapa.org for detailed information. Class held at the JGMS Tennis courts. Rain cancellations will be made up at the end of the session. Age 18+ (max 10)

Thursdays, 4:00-5:15pm, 9/16-10/21(6wks)

Fee: \$70



Kevin is a retired business executive with a lifelong passion for racquet sports. Beyond teaching Pickleball, he is a member of the Professional Pickleball registry and a board member and tournament director for the Burlington Club 50. He has organized and managed multiple Pickleball events and tournaments. He has been teaching Pickleball in the area the past few years, two years with Bedford Recreation.

Tennis

Instructor: Kyle Anderson of KA Tennis, PTR and USTA certified

****All classes held at the Bedford High School Courts (rainouts will be rescheduled)**

BEGINNER & INTERMEDIATE: (NTRP level up to 3.5) Students will learn stroke mechanics as well as basic understanding of the game. Forehand, backhand, volleys and serves will all be taught with an emphasis on fundamentals. All drills and games are presented in a fun and energetic atmosphere. (max 8)

Thursdays, 6:00-7:30pm, 9/16-10/21 (6wks)

Fee: \$172

ADVANCED CARDIO: (NTRP level 3.5 and above) Designed for players who can already hit the ball, but wish to improve. The fundamentals of ground strokes, volleys and serves are taught. The basics of both singles and doubles strategy will be covered. Classes incorporate drills and games to take players' game to the next level. (max8)

Thursdays, 7:30-9:00pm, 9/16-10/21 (6wks)

Fee: \$172



Kyle is a PTR certified tennis instructor who has been teaching both children and adults for 26 years. He is a resident professional instructor at the Dedham Health and Athletic complex. Kyle has been offering classes in Bedford for 12 years and he offers instruction to all levels and ages. He is also certified in safe play and cardio tennis. Kyle is a resident of Bedford where he has raised his two daughters.



Archery

Instructor: On The Mark Archery

The perfect social distancing activity! Your own bow, arrows, space and fresh air are all included in this course that teaches students to go beyond the fundamentals of shooting and to apply virtues learned both on and off the range. Certified USA Archery instructors empower individuals by training their instincts and mindset to concentrate on an objective and zero in on their targets. All equipment is provided and no prior experience is necessary. Runs concurrently with youth archery. Held at the Davis School Fields (held indoors at Davis School gym for inclement weather) (max 5) Age 15+

Wednesdays, 5:30-6:30pm, 9/15-10/13 (5wks)

Fee: \$190

REGISTRATION: Please register for each Pick-Up Sports program (except Men's Soccer, see description) to participate and to receive email updates including schedule and location updates as they occur. Changes may occur on short notice. www.bedfordrecreation.org to register. (exception: Men's Soccer)
 All programs are for ages 18+. Age 16+ may play if there is space, but they must be accompanied by a participating parent or guardian. We are very fortunate to have Volunteer Coordinators managing these programs; please help them set up, keep the areas clean, maintain the equipment and break down at the end. Have fun!

- Schedules subject to change without notice. Register to receive updates.
- Players **must be** registered with email and phone contact information in order to participate.
- Players must abide by the current Covid-19 safety protocol available at www.mass.gov

Volleyball

This is a co-ed drop-in program open to Bedford adults only. Please note that this is not a volleyball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own volleyballs. Age 18+ **No Fee**

Wednesdays, 7:30 - 10:00pm, 9/8- 11/24 (E field, near playground on Mudge Way)

Fridays, 7:00-10:00pm, 9/10-11/26 (E field, near playground on Mudge Way)

Fall Indoor Schedule: TBA after 9/6

Basketball

This is a co-ed drop-in program open to Bedford adults only. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own basketballs. Age 18+

Fall Indoor Schedule: TBA after 9/6

No Fee

Competitive Badminton Session: Intermediate and Advanced*

Open courts for intermediate and advanced players. This is a competitive league. Mostly doubles, but singles when court space available. Players must be registered and attend regularly. Bring your own racket; feather shuttlecocks provided. Non-attendance may result in removal from the program session. ***Please note that only registered participants may attend. Guests or waitlisted players may not play.** (max 32) Lane School Gym. Age 18+.

Fall Schedule: TBA after 9/6

No fee for Bedford Residents

Fee: \$30 for non-Bedford Residents

Badminton: Beginner and Intermediate

Open courts for beginning and intermediate players. Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Please wear indoor or tennis shoes. Lane School Gym. Age 18+

Fall Schedule: TBA after 9/6

No Fee

*Pickleball - Recreational Pick-Up Play

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court using a slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles available on a first-come basis. Bring a lawn chair for breaks. Age 18+

Fall Indoor Schedule: TBA after 9/6

No Fee

Fall Outdoor Schedule TBA end of August

***Volunteer Coordinators are needed for these programs. Please email rgembis@bedfordma.gov if you are interested in helping.**

Pickleball - Competitive Ladder Play Program

The format is competitive and structured for players who have intermediate/advanced skills and who are looking for a high level of competition. Bring your own paddle. Players must be registered. Age 18+

Tuesdays, 6:00-9:00pm, Bedford High School courts

Fridays, 6:00-9:00pm, Bedford High School courts

Updated Outdoor and Indoor Schedule: TBA after 9/6

No Fee

Pick-Up Soccer

Open to all Bedford Residents, age 18+ and not in high school. Please bring a white shirt & a dark-colored shirt. **No Fee**

Outdoor Soccer: Sabourin Field at Bedford High School unless otherwise listed.

Women: Wednesdays, 7:00 - 8:30pm, 9/15-11/24

Men: Tuesdays, 8:30-10:30pm, 9/7-11/23
Wednesday, 8:30-10:30pm, 9/15-11/24
Thursdays, 8:30 - 10:30pm, 9/2-11/18

Indoor Men's Soccer: Fall Schedule: TBA after 9/6

REGISTRATION:

For Men's Soccer: <https://groups.google.com> and join via "Bedford MA Adult Soccer"

For Women's Outdoor Soccer: www.bedfordrecreation.org

Co-Ed Slow-Pitch Softball



PLAYER INTEREST LIST: Register online for the Softball Interest List if you are interested in playing this Fall and if you have not played in this program in the past few years. We will contact you with more information.

RETURNING PLAYERS: If you were on a team in 2019, no need to join the interest list. We will contact you with information based on prior play with the league.

Coordinators Needed: We need at least 2-3 people willing to coordinate this program in order for it to be successful. Coordinators will send email about schedule and location as needed, establish teams on-site, bring equipment for play and serve as Liaison to the Recreation Department. Please email Raeann @ rgembis@bedfordma.gov if you are interested.

Schedule to be determined: Most likely Sunday afternoon/early evening.

Family Program:

Job Lane Field Day

Friends of the Job Lane House

Sunday, October 24, 12:00-3:00pm



Step back in time for a delightful afternoon of family fun at Bedford's colonial Job Lane House! Tour the house and barn; play with stilts, rolling hoops, and other old-time toys and games; help make hand-cranked ice cream (and enjoy some Bedford Farms ice cream afterward); take a scavenger hunt; hear a talk about herbs in the herb garden; help operate a cider press; dip a candle, and more. Bring your own picnic to enjoy on the grounds. Job Lane House is located at 295 North Rd.

Fee: \$15 per family/ \$5 per person



Youth Programs

Registration opens Monday, August 30 at 8:00pm

- Job Lane Field Day-Family program (pg 17)
- Preschool Gymnastics (ages 1-5)
- Little Farmers (ages 3-5)
- Bedford T-Ball Clinic (ages 3-5)
- Tiny Tykes-Preschool Clinic (age 2-5)
- StoryTime Dance (ages 3-5)
- Intro to Dance (ages 4-5)
- Gymnastics (ages 4– grade 6)
- Davis Art (grades K-2)
- Dynamic Drawing (grades 3-5)
- Mural for Mudge Way (grades 3-5)
- Clay Creations (grades 3-5)
- Chip-In Farm Hired Hands (grades K-5)
- STEM Explorations with LEGO® (grades 3-5)
- Adventures in STEM with LEGO® (grades K-2)
- Davis Yoga (grades K-2)
- Lane Yoga (grades 3-5)
- Coach Pitch Baseball (ages 6-7)
- Home Alone Safety (grades 3-5)
- Circuit Makers 101 (grades K-2)
- Super Sports (grades K-2)
- Dodgeball & Sports (grades K-2)
- Minecraft Exploration (grades 3-5)
- F.A.S.T. Basketball Clinic (grades 1-2)
- 3D Printing, Coding and Design (grades 3-5)
- Skyhawks Basketball (grades K-2)
- 3D Model, Sculpt & Architect (grades 3-5)
- Afterschool Soccer Clinic (grades K-2)
- No School Day Programs/various (grades K-5)
- BUCS Flag Football (grades 1-7)
- Tennis Lessons (ages 5-15)
- Mini-Barn Raising (ages 6-12)
- Preseason Basketball Training (grades 3-8)
- Street Hockey (ages 7-14)
- Flag Football Fueled by USA Football (ages 10-14)
- Archery (grades 4+)
- Babysitter CPR/Training (grades 6-8)
- Police-Recreation Basketball League (grades 9-12)
- Frank Bauman Basketball League (grades 3-8)
- Spring 2022 Travel Soccer (grades 3-8)



Registration is open now for the following programs:

- Lane AM Gym (grades 3-5)
- Davis AM Gym (grades K-2)
- Recreation Dance Programs (grades K-12)
- Fall 2021 Intramural Soccer (grades K-5)



Late Pick Up Policy for Bedford Recreation Programs:

Participants must be picked up from programs at the announced time. Please have a contingency plan for traffic or work/other delays (neighbor to pick up, parent of another child in the program, etc.). Please communicate the need to utilize your back up plan as soon as you suspect that you are running late.

Children not picked up on time may be given a one day suspension and children who are not picked up on time twice for the same program may be removed from the program.

Youth Programs Inclusion Support:

NEW

INCLUSION SUPPORT

Does your child need a little extra support to participate in Recreation programs? Inclusion support may be available for some Recreation programs in the form of lower student/staff ratios, parent involvement and/or program modifications. We realize that every situation is unique and we are happy to explore opportunities that may exist for inclusion.

Please let us know how we may support your child.

Prior to registering, complete the **"Inclusion Questionnaire"** on the Bedford Recreation website (bedfordrecreation.org) and email to Nikki Taylor (ntaylor@bedfordma.gov).



Recreation Employment Opportunities:

- **PROGRAM AIDES:** Minimum age 14, pay rate based on experience, starting at \$15/hr.
- **SOCCER REFEREES:** Please see p. 34



Preschool Programs:

Bedford T-Ball Clinic (Ages 3-5)

Instructor: Tim French & Staff

A great introduction to the world of baseball for preschoolers! Tim and his staff of energetic and knowledgeable coaches introduce players to the fundamentals. Players will practice skills through a wide variety of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills will be applied in modified games. Parents participation is encouraged. Children should wear comfortable clothing and sneakers, and bring a baseball glove and water.

Max 30



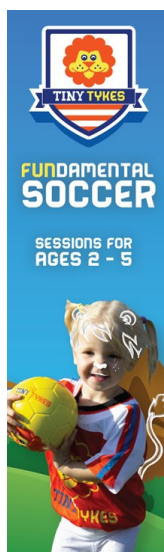
Wednesdays, 9/22-10/20 (5wks)

Fee: \$80

Ages 3-Young 4: 5:30-6:30 PM

Ages Older 4-5: 6:30-7:30 PM

Location: E Field and F Field (near town playground)



Tiny Tykes Preschool Soccer (Ages 2-5)

Instructor: Challenger Sports

Tiny Tykes teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening and team work for players ages 2-5. Challenger's coaches will take your young player on a journey to imaginary destinations of dinosaurs, princesses, dragons and more through soccer, music, storytelling and games. Join us for 6 weekly, 45-minute sessions coached by Challenger's team of international soccer coaches. Children will receive a shirt and soccer ball. Please indicate your child's size when registering. Late registration may delay your child's uniform distribution.

Max 10

Saturdays, 9/11-10/30 (No class 9/18 & 10/9) 6wks

Fee: \$92

Cubs (Ages 2-3)

Option 1: 9:00-9:45 AM

Option 2: 10:00-10:45 AM

Option 3: 11:00-11:45 AM

Lions (Ages 4-5)

Option 1: 9:00-9:45 AM

Option 2: 10:00-10:45 AM

Option 3: 11:00-11:45 AM

Location: Bedford High School Liljegren Field (9 Mudge Way, behind the high school).

Little Farmers (Ages 3-5)

Instructor: Chip In Farm

Little Farmers is a full sensory farm and nature program. At Chip-in Farm, the goal is to connect children to the outdoors and their community through outdoor play and meaningful farm work. Children will help care for the animals each day before exploring the surrounding fields and forest. The majority of each day will be spent outside in the sun, the rain and maybe even the snow! This hands-on farm and nature experience will give children a deeper connection to the natural world while developing resilience, self confidence and independence. 4wks

Fee: \$178 each session

Location: Chip In Farm, 201 Hartwell Rd.

Max 10



Mondays: 9:00 AM-12:00 PM

Session 1: 9/13-10/4

Session 2: 10/18-11/8

Session 3: 11/15-12/6

Tuesdays: 9:00 AM-12:00 PM

Session 1: 9/14-10/5

Session 2: 10/12-11/2

Session 3: 11/9-11/30

Wednesdays: 9:00 AM-12:00 PM

Session 1: 9/15-10/6

Session 2: 10/13-11/3

Session 3: 11/10-12/8 (no 11/24)

Preschool Programs:

Preschool Gymnastics (Ages 1-5)

Instructor: Jennifer McGrath

Jennifer brings oodles of energy to keep kids moving in her preschool gymnastics/movement classes. Adult participation is required when noted below. Children should wear comfortable clothing and will participate in bare feet.



Fridays, 9/17-12/17 (no class 11/26) 13wks Fee: \$282
9:30-10:10 AM: Toddler Tumblers (Age 12-36 Months)
10:10-10:55 AM: Preschool Gymnastics (Age 3-5 Years)
4:00-4:45 PM: Age 4-Grade 2 (see Page 26 for location, fee and class details)

Saturdays, 9/25-12/18 (no class 10/23, 11/27) 11wks Fee: \$239
8:45-9:25 AM: Toddler Tumblers (Age 12-36 Months)
9:30-10:10 AM: Preschool Gymnastics (Age 3-5 Years)

Location: First Church, 25 Great Rd (Park in the Town Hall lot)

Class Descriptions

Toddler Tumblers (with Adult):

This class is the perfect combination of fun and learning. Each week will have a different theme involving different equipment. Participants will roll down the mat, walk across the beam, swing like monkeys, and jump like frogs. Parachutes and stamps complete this magical gymnastics class. Children must be walking to participate.

Preschool Gym (without Adult):

This class teaches beginning skills that will be useful in any sport. Focus is placed on strength and flexibility while building balance and body awareness. Gymnastics equipment is used in class to teach and reinforce gymnastic skills.

StoryTime Dance (Ages 3-5)

Instructor: Attitudes Dance and Fitness

Spark your children's imagination as they discover the magic of dance in this StoryTime Dance class! Each class is based on a story related to that day's topic. Dancers will have their own craft kit to make a craft and learn a dance based on the story. Themes such as Myths & Magic, Animal Kingdom, and Under the Sea will be used to create a fun-filled class for your dancers. Parent participation is required for this program.

Max 8

Intro to Dance (Ages 4-5)

Instructor: Attitudes Dance and Fitness

Students will use games and props to learn basic ballet and tap dance steps that help them develop rhythm and movement skills while giving them self-confidence! Children should wear dance attire:
Girls: Leotard, tights with hair pulled back.
Boys: Plain dance attire, tight fitting sweatpants/jazz or yoga pants and hair pulled back.

Max 8

Fridays, 9/17-10/22 (6wks) Fee: \$165
Ages 3-4: 2:00-2:45 PM
Ages 4-5: 3:00-3:45 PM
Location: 12 Mudge Way, 2nd Floor Dance Room

Fridays, 9/17-10/22 (6wks) Fee: \$165
4:00-5:00 PM
Location: 12 Mudge Way, 2nd Floor Dance Room



Davis AM Gym (Grades K-2)

Instructor: Recreation Staff

This early morning program will energize your children and prepare them for the day ahead. Davis AM Gym is a combination of fun activities and sports that help children ease into the school day. Please note that this program does not meet on no-school days or school delays due to weather or other reasons.



Monday-Friday, 9/1-12/23
8:00 AM-start of School
Location: Davis School Gym

Fee: \$284
Max 55

Afterschool Soccer Clinic (Grades K-2)

Instructor: F.A.S.T. Athletics

This soccer program teaches the fundamental skills of dribbling, trapping, shooting, and passing. Not only will the students learn the rules and positions of one of the most popular games in the world, but they will have the chance to scrimmage each other as well as have shoot outs, breakaways, and 1 on 1's! Please send a snack with your child.

Wednesdays, 9/22-11/3 (7wks)
Dismissal -3:15 PM
Location: Davis School Gym

Fee: \$115
Max 24

Davis Yoga (Grades K-2)

Instructor: Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to far-away places by experiencing yoga combined with music, storytelling and cooperative games. Imagination will be stretched in this yoga class that explores both breath work, yoga postures and relaxation technique. Skills will be presented in a fun and creative manner. Prior to the class, children will be released to the cafeteria to enjoy quiet activities until the busses have left. Please send a yoga mat and snack.

Thursdays, 9/16-10/21 (6wks)
Dismissal -4:30 PM
Location: Davis School Gym

Fee: \$82
Max 12



Super Sports (Grades K-2)

Instructor: F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as soccer, mat ball, basketball, dodgeball, and kickball. Sessions will include proper stretching and warm-up games as well as instruction of basic skills of each sport. Each class will end with a high energy game of the sport played that day. Please send a snack for your child.

Mondays, 9/20-11/8 (no class 10/11)
Dismissal -4:30 PM
Location: Davis School Gym

Fee: \$115
Max 16

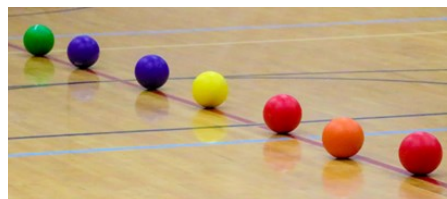
Dodgeball & Sports (Grades K-2)

Instructor: F.A.S.T. Athletics

This program is intense and exciting! Students will learn to work together and strategize and they will exercise without even knowing it! There are many creative and competitive dodgeball games incorporated into this program – there will never be a dull moment! Gatorskin dodgeballs will be used for safety. Safety rules and regulations will be enforced before each class. Please send a snack for your child.

Tuesdays, 9/21-11/9 (no class 11/2) 7wks
Dismissal -4:30 PM
Location: Davis School Gym

Fee: \$115
Max 16



Skyhawks Basketball (Grades K-2)

Instructor: Skyhawks Sports Academy

This fun, skill-intensive program is designed for beginning to intermediate players. Using a progressive curriculum, the program focuses on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages. Children should wear sneakers, athletic clothing and bring a water. Please send a snack for your child.



Fridays, 9/17-10/22, 6wks

Grades 1 & 2: Dismissal-4:30 PM

Grade K: 4:45-5:15 PM *Parent drop off and pick up are required for grade K age group.

Location: Davis School Gym

Fee: \$85

Max 20



Davis Art (Grades K-2)

Instructor: Sarah Scoville

In Davis Art, students will explore different art techniques and styles such as drawing, painting, weaving, and sculpture. Participants may register for one session or both. The projects will be different each class and each session. Please send a snack with your child for the program.

Session 1: Wednesdays, 9/8-10/6, Dismissal-3:15 5wks

Session 2: Wednesdays, 10/20-11/17, Dismissal-3:15 5wks

Location: Davis School Cafeteria

Fee: \$162

Fee: \$162

Max 20

Adventures in STEM with LEGO® (Grade K-2)

Instructor: Play-Well TEKologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: trains, helicopters, and treehouses. Design and build as never before and explore your craziest ideas. Please send a snack with your child.

Fridays, 9/17-11/5 8wks

Dismissal-4:30 PM

Location: Davis School Cafeteria

Fee: \$178

Max 16

Circuit Makers 101 (Grades K-2)

Instructor: Circuit Lab

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience creating their own electronics, designing custom light up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and hands-on electronics project, using components such as lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure that participants create projects that they can be proud of each day. Most class days include a take-home project. Please send a snack for your child.



Thursdays, 9/30-12/2 (no class 11/11, 11/25) 8wks

Dismissal-4:30 PM

Location: Davis School Cafeteria

Fee: \$183

Max 12

Masterminds: Wilderness Survival & Espionage (Grades K-2)

Instructor: Mastermind Staff

Mastermind programs are designed to teach real-world concepts in a fun, playful setting. Programs tackle concepts such as teamwork, problem solving, social awareness, self-esteem, and critical thinking. This course will consist of two parts: Wilderness Survival and Espionage. In Wilderness Survival, students will learn survival basics such as shelter building, scavenging, and overcoming the elements in nature. The second part of this course will train students to become espionage "experts." Students will learn to create and break codes, basic forensics, role play as spies, test spy technology, and create disguises. Please send your child with a snack.

Mondays, 9/20-11/8 (no class 10/11) 7wks

Dismissal-4:30 PM

Location: Davis School Cafeteria

Fee: \$142

Max 15



Check out these Kids' Club Combo Programs (programs available for children attending KC):

- Dynamic Drawing
- Mural for Mudge Way
- Clay Creations
- Lane Yoga
- Minecraft Exploration
- 3D Printing, Coding and Design
- 3D Model, Sculpt & Architect



Lane AM Gym (Grades 3-5)

Instructor: Recreation Staff

Get energized for the day ahead! Lane AM Gym is an opportunity for children to move and play the sports that they enjoy before starting the school day. Recreation staff will supervise the gym, offering a choice of activities and free play each day. Please note that this program does not meet on no-school days, holidays, snow days or school delays due to weather or other reasons.

Registration is currently open for this program.

Monday-Friday, 9/1-12/23
7:30 AM-start of School
Location: Lane School Gym

Fee: \$335

Max 50

Dynamic Drawing (Grades 3-5)

Instructor: Sarah Scoville

In Dynamic Drawing students will learn the basics of drawing portraits, perspective, and illustration. They will also experiment with "drawing" with wire, collage, and other mixed media. Please send a snack with your children. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Mondays, 9/13-10/18 (no 10/11) 5wks
Dismissal-4:00 PM
Location: Lane School Art Room

Fee: \$166

Max 15



Mural for Mudge Way (Grades 3-5)

Instructor: Sarah Scoville

During the Mural for Mudge Way 5 week program, students will collaborate on an idea, design, and implementation of a mural that will be painted on a large piece of plywood and installed in at 12 Mudge Way in Bedford. Please send a snack with your children. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Mondays, 10/25-11/22 5wks
Dismissal-4:00 PM
Location: Lane School Art Room

Fee: \$166

Max 15



Minecraft Exploration (Grades 3-5)

Instructor: Empow Studios

Minecraft isn't just for video gamers – it's for explorers, designers, and builders, too! Students will explore the basics of art, architecture, animation, and the patented Redstone circuitry. They will build their own Minecraft world, collaborate on a friend's world, design animated characters with command blocks, and take home digital files so that they can keep exploring their world after class has ended. They will also gain an understanding of how one of the most popular platforms in the world works. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Wednesdays, 9/15-11/3 8wks Fee: \$335
2:45-3:45 PM
Location: Lane School Library Max 12

3D Model, Sculpt & Architect (Grades 3-5)

Instructor: Empow Studios

Does your child have a budding interest in architecture, construction or engineering buildings and structures? Or, are they more interested in sculpting, 3D art, and 3D printing? This class is ideal! In this program, students will explore three essential and complementary ways to design in three dimensions. We start with Tinkercad, where we will apply the concept of Constructive Solid Geometry towards designing a solid, often linear and symmetrical object — such as furniture, wrench or chess piece. Next, we build in virtual clay, using SculptGL, a web tool, and gain exposure to conceiving of 3D rounded surfaces as a collection of flat triangles or other polygons (mesh geometry). And, lastly, we explore larger 3-dimensional spaces, with both internal and external design elements, by architecting houses using Sweet Home 3D. This is a super fun class that brings together the best in STEM and art! **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Wednesdays, 9/15-11/3 8wks Fee: \$259
Dismissal-2:30 PM
Location: Lane School Library Max 12



3D Printing, Coding and Design (Grades 3-5)

Instructor: Blocks CAD Staff

Learn how to design cool 3D objects using BlocksCAD, a software program that combines 3D modeling and block-based coding. 3D printing takes digital files and transforms them into real objects. In this class, students learn basic computer-aided design (CAD) principles while learning the foundations of coding. Students build on the introductory concepts and practice computational thinking skills, and have fun creating unique, personalized, three-dimensional designs. Each student will receive one 3D print of their choosing over the 6-week course. BlocksCAD will print these projects after class concludes and arrange a safe pickup. BlocksCAD will provide Chromebooks for students to use during each class session. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Tuesdays, 9/14-10/19 6wks Fee: \$202
Dismissal -4:00
Location: Lane School Library Max 13

STEM Explorations with LEGO® Materials (Grades 3-5)

Instructor: Play-Well TEKnologies

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts of physics, engineering, and architecture through engineer-designed projects such as Gear Cars, Merry-Go-Rounds, and Tower Cranes. Design and build as never before and explore your craziest ideas. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Thursdays, 9/16-11/4 8wks Fee: \$178
Dismissal -4:00
Location: Lane School Library Max 16



Clay Creations (Grades 3-5)**Instructor: Sarah Scoville**

In Clay Creations, students will learn several different sculpting techniques using polymer clay. Fee includes materials and clay tools. Please send a snack with your child. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**

Mondays, 11/29-12/20 4wks
Dismissal-4:00 PM
Location: Lane School Art Room

Fee: \$184**Max 15****Lane Yoga (Grades 3-5)****Instructor: Bonnie McCulloch**

In this yoga class, students explore traditional yoga poses, breathing, techniques and relaxation through literature, music, art creation and more. They build strength, self-awareness, balance and concentration. Students listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength and peace. Please send a yoga mat and snack. **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club if enrolling in the Combo.**



Fridays, 9/17-10/29 (no 10/8) 6wks
Dismissal-4:00 PM
Location: Lane School Music Room

Fee: \$82**Max 12****Multi-Age Programs:****Gymnastics (Ages 4-Grade 6)****Instructor: Jennifer McGrath**

Gymnastics programs introduce participants to the fundamentals of gymnastics. Jennifer and her staff's contagious energy keeps kids moving as she introduces the basic skills required for floor, bar, vaulting and low beam. Participants learn bridges, splits, jumps and much more. Students will participate in bare feet and comfortable clothing and should tie their hair back. For Grades 3-6, students will wait for Lane bus dismissal to end before starting class. Please send a snack for the beginning of class. Additionally, for Grades 3-5: **This program is eligible for a Kids' Club Combo. Parents must inform Kids' Club in advance if your child is enrolled in this program.**

**Fridays, 9/17-12/17 (no 11/26) 13wks****Fee: \$247****Grades: 3-6 (Grade 6 students must have transportation to Lane), Dismissal-4:00 PM****Age 4-Grade 2, 4:00-4:45 PM****Location: Lane School Gym****Max 15**

Coach Pitch Baseball (Ages 6-7)

Instructor: Tim French and Staff

Tim French and his staff of knowledgeable coaches will introduce players to the fundamentals of coach pitch baseball. Players will practice these skills through a wide variety of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills learned from drills will be applied to game situations by participation in actual games. Parent participation is encouraged. Players should bring a glove, water, sneakers and wear comfortable clothing.



Wednesdays, 9/22-10/20 5wks **Fee: \$80**
5:30-6:30 PM
Location: E Field & F Field (near town playground) Max 30



Hired Hands (Grades K-5)

Instructor: Chip In Farm

Help take care of the animals at Chip in Farm! Learn about the farm through hands-on activities, crafts, games and cooking projects. Feed the animals, collect eggs and explore the surrounding forest. Participants should wear closed-toe shoes (boots are best!) and clothes that can get dirty. This class will meet rain or shine, outside or in the barn for most of the class. This is a drop off program and parents are not required to stay. 4wks

Fee: \$160 per session
Location: Chip In Farm, 201 Hartwell Rd

Grades K-2: Tuesdays, 4:00-6:00PM
Session 1: 9/14-10/5
Session 2: 10/12-11/2
Session 3: 11/9—11/30

Grades 3-5: Wednesdays, 3:30-5:30PM
Session 1: 9/15-10/6
Session 2: 10/13-11/3
Session 3: 11/10—12/8 (no 11/24)

Home Alone Safety (Grades 3-5)

Instructor: Juanita Allen Kingsley WEMT

Take the first steps towards independence! In this course, children are taught the basics of being safe when home alone for short periods of time. We will talk about how to answer the telephone and door, discuss internet safety, learn about accident prevention and fire safety protection, calling 911 and simple first aid techniques, such as how to relieve choking. We will also talk about how to use our time wisely!



Monday, September 27 **Fee: \$66**
5:30-7:00 PM
Location: 12 Mudge Way **Max 15**



Youth Archery (Grades 4+)

Instructor: On the Mark Archery

The perfect social distancing activity! Your own bow, arrows, space and fresh air are all included in this course that teaches students to go beyond the fundamentals of shooting and apply virtues learned both on and off the range. Our certified USA Archery instructors empower individuals by training their instincts and mindset to concentrate on objectives and zero in on their targets.

Wednesdays, 9/15-10/13 5wks **Fee: \$190**
5:30-6:30 PM
Location: Davis School Fields and Gym **Max 6**



Mini Barn Raising (Ages 6-12)

Instructor: Tom Musco & Deb D'Amico, Timber Framers

The Teamwork & Timbers program is a one-of-a-kind educational program of the National Barn Alliance. It is designed as an exercise of teamwork as the children raise a one-quarter size barn model. These types of community barn raisings were common in New England during the 18th and 19th centuries. Along the way, the children learn about types of wood, history of rural structures, parts of a barn, and most importantly, why teamwork is critical - one person cannot raise a barn. Unknowingly, they also use their math, science, engineering skills to raise the frame with success. It is a 3-D puzzle that teaches students (both young & old) about how barns were made, touching upon science and humanities. A short film about the history of New England barns will be viewed and discussed before the barn raising. The small pegs and large mallets are a big "deal" for participants. Tom Musco from Royalston Oak Timber Frames made the timbers for the Job Lane Barn raised in June 1993. Check out his website: <http://royalstonoak.com/>

Saturday, October 16

10:00 AM -12:00 PM

Location: Job Lane Barn, 295 North Road

Fee: \$28

Max 12

F.A.S.T. Basketball Clinic (Grades 1-2)

Instructor: F.A.S.T. Athletics

3.....2.....1.....bzzzz. Our basketball program will help increase students' confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot, they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races, and hot hands. Children should wear sneakers, athletic clothing and bring a water and basketball.

Tuesdays, 9/21-11/9 (no 11/2) 7wks

6:00-7:00 PM

Location: Lane School Gym

Fee: \$98

Max 24



Preseason Basketball Training (Grades 3-8)

**Instructor: Kenneth Small and Staff,
Boston Elite Sports Training**

Basketball season is right around the corner! A series of game situations will be incorporated to help participants with team building, conditioning and in-game IQ. Participants will also be exposed to various drills to help with ball handling, shooting, defense, footwork and rebounding. This program will be competitive and informative, helping participants learn how to take their basketball game to the next level. Participants should bring a basketball and water and wear comfortable clothing and sneakers.

Boys:

Mondays, 9/13-11/1 (no 10/11) 7wks

Grades 3-5: 6:00-7:00 PM

Grades 6-8: 7:00-8:00 PM

Fee: \$242

Girls:

Wednesdays, 9/15-10/27 7wks

Grades 3-5: 6:00-7:00 PM

Grades 6-8: 7:00-8:00 PM

Fee: \$242

Location: John Glenn Middle School Gym

Max 30

Street Hockey (Ages 7-9 and 10-14)

Instructor: Skyhawks Sports Academy

Score a winning goal with these Street/Floor Hockey programs! Coaches teach the key concepts of passing, shooting, defense, stick handling and speed in a safe, non-checking environment. Specifically designed for beginning and intermediate players, this program teaches new skills, builds confidence and instills valuable life lessons such as teamwork, sportsmanship and respect. Equipment will be provided. No skates allowed; shoes required.

Wednesdays, 9/15-10/6 4wks

Ages 7-9, 4:00-5:00 PM

Ages 10-14, 5:15-6:15 PM

Location: Davis School Playground area

Fee: \$60

Max 20



BUCS Flag Football (Grades 1-7)

Instructor: Bedford High School Football

The Bedford BUCS take the field on Friday nights and on Saturdays, it is your turn under the lights! This 4-week flag football program is coached by the BHS Varsity coaches and players. A portion of the proceeds will support the Bedford Football Club (JGMS and BHS Football). Children must wear sneakers. All participants will receive a t-shirt. Please indicate shirt size when registering.

Saturdays, 9/25-10/16 4wks
6:00-7:00 PM

Fee:\$110
Max 40

Location: Sabourin Turf Field, 9 Mudge Way



Flag Football Fueled by USA Football (Ages 7-9 & 10-14)

Instructor: Skyhawks Sports Academy

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football, players will gain confidence and prepare for league play. Coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling. Athletes will learn developmentally appropriate fundamentals and critical life lessons leading to the Skyhawks Sports Bowl, where participants showcase their skills! Visit skyhawks.com for information and schedules.

Mondays, 9/13-10/18 (no 10/11 class) 5wks **Fee:\$60**
Age 7-9: 4:00-5:00 PM

Age 10-14: 5:00-6:00 PM

Location: Davis School Soccer Field

Max 20



Tennis:

Tennis Lessons (Ages 5-15)

Instructor: Kyle Anderson, KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 22 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons with the help of his qualified instructors. The six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. For younger players, the emphasis is on the fundamentals of strokes. A hands on approach, drills and fun games make this class appropriate for all ages. Tennis racket required. All classes held at Bedford High School courts, 9 Mudge Way.



Wednesday Lessons: 9/22-10/27 6wks

Age 5-6:	5:00-5:40 PM	(max 10)	Fee: \$69
Age 7-9:	5:45-6:45 PM	(max 12)	Fee: \$118
Age 10-14:	6:50-8:05 PM	(max 12)	Fee: \$176

Saturday Lessons: 9/25-10/30 6wks

Age 5-6:	8:30-9:10 AM	(max 10)	Fee: \$69
Age 7-9:	9:15-10:15 AM	(max 12)	Fee: \$118
Age 10-14:	10:15-11:45 AM	(max 12)	Fee: \$176
Age 7-9:	11:45 AM-12:45 PM	(max 12)	Fee: \$118



Please Note:
In case of inclement weather: Call the tennis hotline at 781-275-7907 to check the status of classes.





All Day Art (Grades 1-5)

Instructor: Sarah Scoville

For All Day Art, students will explore different art techniques throughout the day off from school. They will draw, paint, and create fiber arts, collages, and sculptures. They will have a snack break and lunch break, as well as movement breaks throughout the day. Please send a snack and lunch with your child.

Tuesday, November 2

9:00 AM-3:00 PM

Location: TBD

Fee: \$114

Max 20

Chip In Farm Program (Grades K-3)

Instructor: Chip In Farm

Join the farmers to experience life on a real working farm. Feed and care for animals, search for eggs, harvest crops, and more! You will learn about the farm and surrounding environment through hands-on activities, crafts, games and cooking projects. Please come prepared to get dirty. Sneakers or boots are best. Program will meet rain or shine and will be outside or in the barn for most of the day. This is a drop off program, parents are not required to stay. Please bring water, a snack and a lunch.

Tuesday, November 2

9:00 AM-3:00 PM

Location: Chip In Farm, 201 Hartwell Road

Fee: \$52

Max 15



Animal Architects with LEGO® Materials (Grades K-2)

Instructor: Play-Well TEKologies

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas. Please bring water and a snack.

Tuesday, November 2

9:00 AM-12:00 PM

Location: TBD

Fee: \$60

Max 16



Animal Master Architects with LEGO® Materials (Grades 3-5)

Instructor: Play-Well TEKologies

Be inspired by the natural innovation and engineering of the animal world and tens of thousands of LEGO® parts! Design and build fluttering butterflies, stomping elephants, and fierce Tasmanian devils. Apply real world mechanical engineering concepts as you design, build, and explore your craziest ideas. Please bring water and a snack.

Tuesday, November 2

1:00-4:00 PM

Location: TBD

Fee: \$60

Max 16



Babysitter/CPR Training (Grades 6-8)

Instructor: Juanita Allen Kingsley WEMT

Learn babysitting basics and get certified in CPR/AED. Topics include how to react responsibly to medical emergencies, perform first aid for common childhood injuries and illnesses, set up and run your own babysitting business, and entertain children with games and songs. You will receive training in household safety, choking prevention and relief and how to call 911. By the end of this class, you will be prepared to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform basic first aid, and begin babysitting safely and competently. You will leave with a certificate of completion for babysitting and you will also be certified in CPR/AED.



Wednesday, September 29
5:00-8:30 PM
Location: 12 Mudge Way

Fee: \$119

Max 10

Check out some of the other programs available to Middle School Students in this brochure:

- **Gymnastics (Page 26)**
- **BUCS Flag Football (Page 29)**
- **Tennis Lessons (Page 29)**
- **Preseason Basketball Training (Page 28)**
- **Street Hockey (Page 28)**
- **Skyhawks Flag Football (Page 29)**
- **Youth Archery (Page 27)**
- **Recreation Dance (Page 32)**
- **Travel Soccer (Page 34)**
- **Bauman Basketball League (Page 35)**

Police-Recreation Basketball League: Grades 9-12

The Police-Recreation Basketball League is for players in Grades 9-12 who are not playing High School Basketball. Approximate dates for the regular season are January 6 - February 24. Playoff games will be held in the first three weeks of March. Most games will be played on Thursday evenings. The league includes regular season games and playoffs, uniform shirts and two certified referees for each game. This is a game-only league with no practices. We do not accept team placement requests. The teams are coached by the Bedford Police Officers and Staff. Their volunteer efforts that make this league possible.

Please note: Evaluations will be held on Thursday, December 16 from 7:00-8:00 PM. Evaluations are **ONLY** for players who have never played in this league before. Evaluations help to create balanced teams.

Fee: \$137

Max 60



Bedford Recreation Dance Grades K-12 2021-2022 Season

Registration for this program is currently open

Instructors:
Taylor Loesch
Jennifer Buckley

This fun and instructional dance program will culminate with a recital in early May. All Classes will take place at 12 Mudge Way in the Union Room. An additional recital costume fee will be charged (approximately \$100) in January/February. There will be a mandatory dress rehearsal before the recital in May. Specific footwear requirements will be communicated closer to the start of the program.



Class Schedule

Monday Classes Instructor: Jennifer Buckley

Classes Begin September 13
No class:
10/11, 12/27, 1/17, 2/21, 4/18
Monday Class Fee: \$339

Class Options:

3:30-4:15 PM: Grade 6-8
Hip Hop/Lyrical

4:15-5:00 PM: Grade 2-4
Boys & Girls Hip Hop

5:00-5:45 PM: Grade 4/5
Hip Hop/Lyrical

Tuesday Classes Instructor: Taylor Loesch

Classes Begin September 14
No class:
11/2, 12/28, 2/22, 4/19
Tuesday Class Fee: \$350

Class Options:

4:00-4:45 PM: Grade K
Ballet/Jazz

4:45-5:30 PM: Grade 1
Ballet/Tap

5:30-6:15 PM: Grade 2 & 3
Ballet/Jazz

6:15-7:00 PM: Grade 9-12
Hip Hop/Contemporary

Wednesday Classes Instructor: Jennifer Buckley

Classes Begin September 15
No class:
11/10, 11/24, 12/29, 2/23, 4/20
Wednesday Class Fee: \$339

Class Options:

3:45-4:30 PM: Grade 4/5
Hip Hop/Lyrical

4:30-5:15 PM: Grade 6-8
Hip Hop/Lyrical

To Register for Bedford Youth Soccer:
www.bedfordrecreation.org

For Policies, Procedures & Additional Information:
www.bedfordyouthsoccer.org

FALL 2021 INTRAMURAL SOCCER (GRADES K-5)

Registration for this program is currently open

This fall soccer experience offers opportunity for children to learn and improve soccer skills. Parents provide all coaching and support functions of the program. Modifications to soccer play may be in effect for safety reasons. Please visit the soccer website (www.bedfordyouthsoccer.org) for current safety information. Field locations and age group formation are subject to change depending on field availability and enrollment numbers. Please bring a soccer ball and wear shin guards. The intramural program does not accommodate team placement requests.

Program Dates: Saturdays, 9/11-11/13

*No Intramural Soccer on 9/18– Bedford Day. Participants will march in the parade.

Program Fee: \$78*

*A portion of the fee will be allocated for field maintenance

INTRAMURAL UNIFORMS: Uniform fee: \$15 (same uniform all grades of Intramural Soccer). There is a new uniform this season for Intramural Soccer. Players are not required to purchase the new uniform. **Uniforms will be handed out on the first day of the season;** simply add uniform and size to your cart when registering.

Volunteer coaches are needed for both the Intramural and Travel Soccer Programs. **NO EXPERIENCE NECESSARY!** Training and mentorship will be provided! Please indicate your ability to volunteer when registering.



Age Group Times and Locations:



K Boys K Girls	10:30-11:30 J Field 10:30-11:30 Plateau Field	Ball Size 3
Grade 1 Boys Grade 1 Girls	11:45-1:00 J Field 11:45-1:00 Plateau Field	Ball Size 4
Grade 2 Boys Grade 2 Girls	8:45-10:15 J Field 8:45-10:15 Plateau Field	Ball Size 4
Grade 3-5 (boys and girls are combined)	8:45-10:15 South Road Fields	Ball Size 4

To Register for Bedford Youth Soccer:
www.bedfordrecreation.org

For Policies, Procedures & Additional Information:
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SPRING 2022 TRAVEL SOCCER (GRADES 3-8)

- Registration will close November 12 or when teams fill.
- When teams fill, additional registrations will be taken on a waiting list basis and new teams will be formed if there are enough players on the waiting list.
- Players are placed on teams that will play games each Saturday in Bedford or in another town in the BAYS League.
- Travel teams practice two times per week. Girls: Monday/Thursday, Boys: Tuesday/Friday.
- Season runs April-June. Dates will be announced in late Winter.
- Team rosters are released in March.
- Travel soccer is unable to accommodate requests for placement with a specific coach or friend.



Volunteer coaches are needed! Please indicate your availability to volunteer when registering your child.

Program Fee: \$162*

*A portion of the fee will be allocated for field maintenance

Uniforms: To purchase a Travel Soccer Uniform, please visit www.bedfordyouthsoccer.org in October. All uniforms are purchased from Tricon Sports and mailed directly to your residence.

****There are no refunds for Spring 2022 Travel Soccer after February 1, 2022***

Age Groups:

Grade 3: Born on or after 1/1/2012 and in the 3 rd grade	Grade 5/6: Born on or after 1/1/2010 and in the 5 th or 6 th grade
Grade 4: Born on or after 1/1/2011 and in the 4 th grade	Grade 7/8: Born on or after 1/1/2008 and in the 7 th or 8 th grade

BEDFORD SOCCER LOOKING FOR REFEREES: Go to <http://www.massref.net/becomeref.cfm> to sign up for a referee course. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or goodmanreferee@yahoo.com. Minimum age 14.



FRANK BAUMAN BASKETBALL LEAGUE 2021-2022



LEAGUE INFORMATION:

**This community tradition began in the 1970's and it is not to be missed!
This is a FUN league in which kids play with and against friends, neighbors and classmates!**

Season information is not yet available. Please check back as this document will be updated as details are determined. Registration will take place this fall, with evaluations and practices beginning in late fall. We will also post Bauman Basketball information on our Facebook page when it is available.

VOLUNTEER COORDINATORS NEEDED:

Volunteers are currently needed to coordinate this program. If you are interested in volunteering to be part of the Bauman Basketball Coordination team please email Nikki Taylor at ntaylor@bedfordma.gov

Planning meetings will begin in early September

Available Coordinator Positions:

- Grade 3 Boys Age Group Coordinator
- Grade 3 Girls Age Group Coordinator
- Grade 4/5 Boys Age Group Coordinator
- Grade 4/5 Girls Age Group Coordinator
- Grade 6-8 Boys Age Group Coordinator
- Grade 6-8 Girls Age Group Coordinator
- Referee Coordinator
- Coach Recruitment and Training Coordinator



This league relies heavily on parent volunteers. Thank you in advance for volunteering!

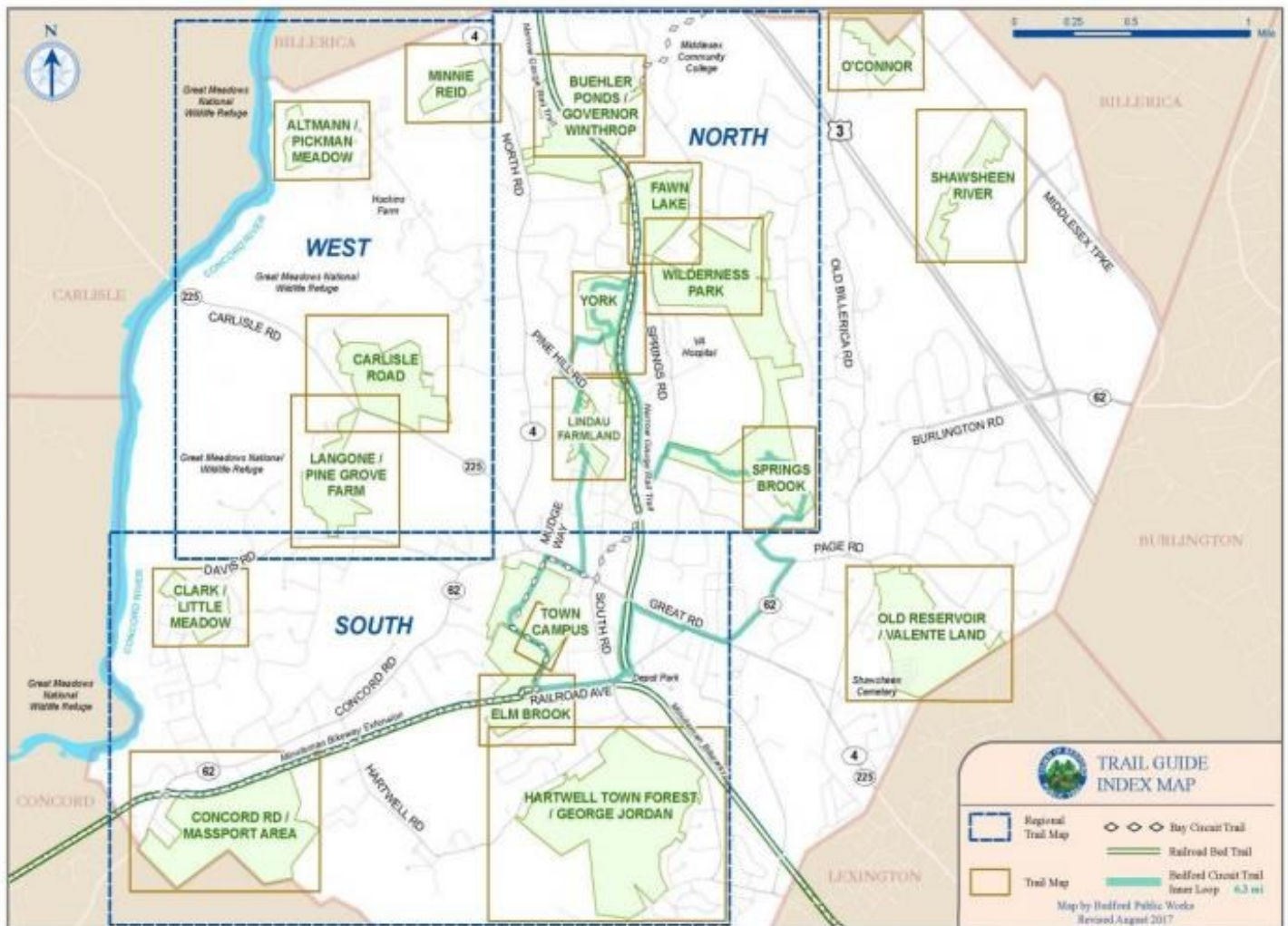
Take-Your-Own Trail Walks, by the Bedford Trails Committee

We were inspired by the Town of Bedford's recommendation to exercise by walking our trails while wearing masks and social distancing. The Bedford Trails Committee started a "Take-Your-Own Trail Walks" series - we provide the description, map & directions, and you may take the trail walk at your convenience and your own pace.

Recent "Take-Your-Own" Trail Walks (see <https://groups.google.com/group/bedfordma-trails> for info about more than 40 walks):

- ~ Elm Brook
- ~ Hartwell Town Forest
- ~ Carlisle Rd Conservation Area
- ~ Springs Brook Conservation Area

To join the group and to be notified of "Take-Your-Own Trail Walks," please email Bedfordma.trailwalks@gmail.com.



BEDFORD RECREATION REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:		Email:		
Cell Phone:		Work Phone:		
Cell Phone Provider:		Sign up for e-news? YES or NO (Email: re Recreation Updates)		
For minor participants: Mother's Name:	For minor participants: Father's Name:		For all participants: Emergency Contact Name:	
Work Phone:	Work Phone:		Phone:	
Cell Phone:	Cell Phone:		Relationship:	
Email:	Email:			
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?				

Optional: Parent Volunteer to Coach/Chaperone? _____

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

Cash: _____ Check: _____ (Make checks payable to "Town of Bedford")

Card Holder Name: _____	CVV: _____
MC, VISA, AmEx, Discover #: _____	Exp Date _____

Authorized Charge Card Signature _____

Are you applying for Financial Aid (please note application procedures in brochure)? _____

I, the undersigned (participant, mother, father/legal guardian of _____, a minor, do hereby consent to my, his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of its employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Date _____ Signature _____
(Parental if participant is under 18 years of age)

Additional forms @www.bedfordrecreation.org or photocopy.